

Resources

Movies – Forks Over Knives – Netflix or Amazon

Books –

The China Study, Campbell, T. Colin with Thomas M. Campbell II.
21-Day Weight Loss Kickstart – Dr. Neal Barnard
The Starch Solution, Dr. John McDougall
The Reverse Diabetes Diet: Control Your Blood Sugar and Minimize Your
Medication Within Weeks - Dr. Neal Barnard
Prevent and Reverse Heart Disease - Dr. Caldwell Esselstyne

Websites focusing on plant-based nutrition

Nutritionfacts.org - updated research on nutrition and disease, short videos

<http://www.pcrm.org/health/diets/kickstart/kickstart-programs>

Dr John McDougall – free monthly newsletter, testimonials, current research, 10 day free plant-based program - Starch Based Solution Certificate -

<https://www.drmcDougall.com/>

Physicians Committee For Responsible Medicine -- free monthly Kickstart programs, newsletters, current research - <http://www.pcrm.org/>

Colin Campbell, Nutrition Studies, Plant-Based Nutrition Certificate program

<http://nutritionstudies.org/courses/plant-based-nutrition/>

Sample Meals

Sample breakfasts

- Cold cereal – with soymilk or rice milk with peaches, berries or another fruit
- Whole grain toast with jam and fruit
- Oatmeal with non-dairy milk with cinnamon and raisins
- Blueberry buckwheat pancakes and meat-free bacon

Sample Lunches

- Veggie burger with whole grain bun and salad
- Bean burrito, fruit
- Soy yogurt, fruit, vegetable soup, whole wheat bread
- Hummus wrap with whole wheat pita, shredded carrots, cucumber, tomato

Sample dinners

- Black bean chili with cornbread, salad, greens
- Whole grain pasta marinara with mixed vegetables, salad
- Fajitas with peppers, onions, tomatoes, beans, broccoli
- Beans and rice with salsa, corn, salad

